

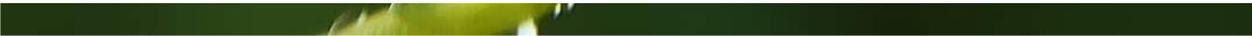
From: **Tai Chi Chih newsletter** newsletter@TCCcommunity.net  
Subject: Sandy's May 2021 Tai Chi Chih Newsletter  
Date: May 1, 2021 at 3:01 AM  
To: stephen2816@comcast.net

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Like





## Contents:

[Sandy McAlister's Message: How Does That Feel?](#)

[2021 Teacher Conference News](#)

[Justin's Insights & Chi Reflections](#)

[T'ai Chi Chih Practices Led By Accredited Teachers on Zoom](#)

[Events led by the Guide and Teacher Trainers](#)

[More T'ai Chi Chih Events](#)

[Links to Resources & Materials](#)

[Mission Statement](#)

## Sandy McAlister's Message:

### How Does That Feel?

*There is a big difference between feeling our way through a T'ai Chi Chih practice and doing a practice. Even long-time practitioners can slip into complacency and do the practice on automatic while the mind is engaged in another direction. Feeling our way does not mean engaging our mind in a calculating or thinking way but being attentive with feeling awareness.*

*There is a practice termed the 'goldilocks' practice. This works best with front and back weight shift movements. For the first three repetitions the arm/hand pattern is done a bit too big, yet not too exaggerated, and keeping in sync with the weight shift. Then we do the next three repetitions with the arm/hand pattern too small. For the remainder of the repetitions, we allow the arms to move along with the weight shift finding the path of no resistance, no effort.*

*When the arm/hand pattern is too big and too small we are encouraged to notice what we feel – what muscles are engaged that normally we don't use, is our balance off, do we feel restrained or contracted, is there an emotional response? After doing it "too big" and "too small" the arms release and we become aware of that "Ahhh, just right" feel when the arm/hand pattern is in the groove, flowing along with the weight shift effortlessly. We may even find ourselves slowing down as we relax into the arms feeling their way through the movement. Having the contrasts of too big and too small helps us find the balance. The arms/hands no longer "do" the movement but "flow" along with, are guided by and connected to, the weight shift.*

*Here is another practice to heightened our feeling awareness. As we begin a movement the hands are brought into the beginning position and stay there for a couple repetitions using only the weight shift. The full attention is focused on the weight shift, focused at the tan t'ien feeling the flow of movement forward and back, or the feeling of fullness in one leg/foot and lightness in the other, or feeling the weight exchange from one foot to the other, or the wholeness and fullness of the weight shift. On the third or fourth repetitions the arms are released but the awareness remains on*

*the weight shift, feeling the flow of the form as the arms just join in. Too often in our practice we find the arms leading the movement. By doing a few moves with only the weight shift the attention solidifies on the weight shift and the flow of movement.*

*I cherish the “Ah-ha” moments in my practice when a new or long forgotten awareness surfaces. Doing our practice or part of a practice out-of-the-norm cracks open set patterns of “doing” and “thinking” allowing a fresh perspective or view to arise.*

*Play, explore, and enjoy.*

*~ T'ai Chi Chih Guide, Sandy McAlister*

## Continuing the Connection: T'ai Chi Chih Teacher Conference 2021

June 24th-27th, 2021 Virtually on Zoom

PLEASE JOIN US IN CONTINUING THE CONNECTION to share our Chi in a virtual conference. Links to the registration and scholarship application forms are available in this announcement and on the [Conference Event Page](#), where you will also find the Look Who's Coming list. More than 140 teachers for full conference (and 27 students for Saturday) have already registered!



**SCHOLARSHIP FUNDS FOR TEACHERS ARE STILL AVAILABLE!** If you've been hesitating, don't wait any longer. There are plenty of funds up to \$100 each for any teacher who applies, no questions asked. Your [Registration](#) and [Scholarship](#) application forms must be completed and payment totaling \$200 received by May 15.

**STUDENT registration is only \$35 for a full day of conference!** Encourage your students to register early so we have a better idea of the attendance for Saturday, June 26. There will be special presentations on Student Saturday, including Justin Stories, and movement refinement sessions with the teacher Guide and Trainers. Student registration is due by June 15 using the [Student Registration Form](#)

**Deadline for Registration (without a scholarship) and payment of \$200 must be received by June 15. NOTE:** Teachers outside the US and those accredited after May 2019 pay only \$160. If your plans change, **request a cancellation by June 15** to receive a full refund. After June 15, a \$25 cancellation fee may apply.

**ORDER CONFERENCE SHIRTS** by May 16! Shirt prices includes shipping. Multiple items in one order to the same address will automatically receive a discount. There are a variety of styles for men and women with a wide range of materials, sizes, and colors available, all appropriate for both teachers and students. All shirts are printed with a small logo on the front left and a large back logo. See the designs and [ORDER HERE](#) soon. To keep prices low, all shirt orders will be printed at the same time. **Shirts will not be available for order after the May 16 deadline.**

**CONFERENCE SCHEDULE** will be structured around Mountain Daylight Time. Each day begins and ends with an optional T'ai Chi Chih practice, so you can attend at least one practice every day. There will be additional movement refinement sessions during the full Conference days (Thursday-Saturday), as well as several Seijaku presentations and optional practices. Many short breaks will be included, and a midday meal break Thursday through Saturday. Our special teacher Rededication ceremony will be on Sunday morning, conducted by Sister Antonia Cooper!

**Here are some of the presentations and teachers you can look forward to:**

**Yinning and Yanging: The Transformational Nature of Chi** by Janet Oussaty

**Put a Spring in Your Hop (Fast Track Hop)** by Carmen Brocklehurst

**Grief and T'ai Chi Chih** by Sue Bitney

**The Growth of Certainty** by April Leffler and Guy Kent

**Broadening the Reach of TCC** by Sue Kenney and George Manning

**Teaching Seijaku as a Kinesthetic Mindfulness Practice** by Ann Rutherford

**The Transformational Stages of the TCC Journey** by Marie Dotts

**RECORDINGS** of presentations will be available to registered teachers after the conference for a limited time at no additional fee. Presentation recording will focus primarily on the presenters, not the attendees. Interactive sessions that are recorded may include the likeness of anyone speaking if their video camera is on. If you do not wish to have your likeness on the screen or recorded, you can turn off your video camera. For your comfort, most practices and small-group discussions will not be recorded.

The Conference Planning Team looks forward to seeing you at the virtual conference!

**Conference Co-Coordinators** - Lisa Stroyan, Margery Erickson

**Conference Registration Chairpersons** - Jim and Lorel Maple

**Opening Ceremony/T-shirts** - Stephen Thompson

**Publicity Chairperson** - Judy Kistler-Robinson

**Programming Chairperson** - Sky Young-Wick

**Technology Chairperson** - Barbara Thurber

**Volunteer Organizer** - Karin Hampton

**Technical Consultant** - Charlise Latour

**Foundation Webmaster** - Laurie Thomas



## **Justin's Insights**

### **Higher Consciousness**

*In truth there is no such thing as higher consciousness. There is only consciousness. But in individuals, the pure consciousness is usually blocked in varying degrees, so we speak of higher or lower states of consciousness. The sun*



*is always the same, but when we see it through heavy clouds, we speak of weak sunshine. In the same way, pure consciousness – which is everywhere, in every sentient and insentient thing and in every inch of the sky and empty space we see – is more latent than actual in most beings.*

*...When consciousness is dull and obscured, our awareness is extremely limited. As the clouds are brushed away (that is, the habit energies and other obscuring factors are weakened), awareness grows from the inside, and it always goes from the limited individual outlook to the far-reaching universal.*

*...Heightened awareness always begins on the inside, not being merely a matter of tactile or sensory occurrence. We begin to be aware of the vast ocean of consciousness in which we swim (live and breathe and have our being). We note our breathing, the ringing in the right ear or vibration from ear to ear, even the coursing of blood through the arteries and veins. ... Heightened awareness is the result of this rapid evolving. Higher consciousness and heightened awareness are not two separate things.*

*Again, I must repeat, the changes do not come through words. Words are necessary in teaching us the path to follow, but we must do the work ourselves and usually in silence. ... So the first thing necessary in aspiring to a state of heightened awareness is the willingness to work and to persevere. We are not looking for entertainment or variety; repetition is absolutely essential.*

~ Justin Stone, Excerpts from the forward to *Heightened Awareness*  
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## Chi Reflections

### Essential Qualities

And it is only out of the awakened consciousness that humans can manifest those essential qualities—the qualities that are essential to the individual human life and essential to the civilization—which are compassion, which are kindness, which are joy, and creativity, that can only flow out of that state of connectedness. And that's a new world that arises. And the new world that arises depends on, is a manifestation of, that state of consciousness. Because whatever world we create, what we experience as the world is really a reflection of our state of consciousness.

~Eckhart Tolle

### Centered Consciousness

Close your eyes, calm your breathing, and focus your attention on the center of consciousness. Thus you will master the senses, the emotions, and the intellect

And thereby free yourself from desire and anger.

~The Bhagavad Gita



T'ai Chi Chih Events



## Led by the Guide, Teacher Trainers & Assistant Teacher Trainers

### 2021 Events

**Dates To Be Announced (weekly, 6 sessions), 11 a.m. to 12:30 p.m. EDT, Ongoing/TCC Refinements Course on Zoom** with Daniel Pienciak

Contact: [Daniel Pienciak](#) or call 732 988 5573

**May 6-9, TCC Retreat Online** with Pam Towne

Contact: [Email Pam Towne](#) or call 760-421-7589

**June 4 - 6, Friday 4:30 p.m. to Sunday 1 p.m. EDT**

**Seijaku Introduction or Review** with Daniel Pienciak

Contact: [Daniel Pienciak](#) or call 732 988 5573

**June 8, 15, 22, 29 & July 13, 20 (6 Tuesdays) 3:00-6:00pm EST T'ai Chi Chih Online Teacher Prep via Zoom** with April Leffler

Contact: [Email April Leffler](#) or call 610-809-7523

SEE MORE EVENT DATES BELOW CONFERENCE ANNOUNCEMENT

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### June 24-27, 2021 Teacher Conference on Zoom

**TEACHERS can register [Here](#)** Deadline for Conference Registration: June 15, 2021. Conference cancellations will be fully refunded until June 15, 2021. Refunds after that date will incur a \$25 fee.

**Registration** before June 15, 2021 is **\$200.00** [Teachers Registration Form](#)

**Registration for teachers outside the US** is **\$160.00** [Teachers Registration Form](#)

**Registration for teachers accredited after July 2019** is **\$160.00** [Teachers Registration Form](#)

**Teacher Scholarships up to \$100.00 are still available up to May 15.** Scholarship applications are confidential and are only viewable by the conference committee. [Teacher Scholarship Form](#)

**STUDENTS can register for Saturday June 25 sessions and practices for only \$35.** Deadline June 15. [Student Registration Form](#)

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**June 19-21, Online Seijaku Teacher Accreditation** with Pam Towne

Contact: [Email Pam Towne](#) or call 760-421-7589

**July 22-25, Online TCC Intensive** with Pam Towne

Contact: [Email April Leffler](#) or call 610-809-7523

July 30 - August 8 (with Sunday Aug. 1, Tuesday Aug. 3, and Friday Aug. 6 off days to practice)

Zoom Teacher Accreditation, with Daniel Pienciak

Contact: [Email April Leffler](mailto:April.Leffler@tcc.edu) or call 610-809-7523

Sept. 23-26, TCC Retreat Online with Pam Towne

Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.edu) or call 760-421-7589

## 2022

Mar. 31-Apr.3 TCC Teacher Retreat with Sandy McAlister

Mission San Luis Rey Retreat Center, Oceanside, CA

Contact: [Email Pam Towne](mailto:Pam.Towne@tcc.edu) or call 760-421-7589

## More T'ai Chi Chih Events

[Click here for additional events including those led by dedicated Teachers, as well as the Guide and Teacher Trainers.](#) Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.



## T'AI CHI CHIH PRACTICES LED BY ACCREDITED TEACHERS ON ZOOM

### MONDAYS

**Lisa Stroyan** Zoom, beginners welcome to follow along, charitable donation suggested.

9:30am MST Practice at 10am MST

[Click here for info](#)

**Jessica Lewis** T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](mailto:Jessica.Lewis@tcc.edu) for cost.

11:00 am-12:00 pm EST

Meeting ID: 529 988 701

Password: TC4V

[Click here for ZOOM](#)

**Daniel Pienciak**, Start Date TBA 6 Mondays 11 am EST, Beginning TCC

Contact: [Daniel Pienciak](mailto:Daniel.Pienciak@tcc.edu) or call 732 988 5573

### TUESDAYS

**Jessica Lewis** TCC Guided Practice for experienced students: FREE for Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](mailto:Jessica.Lewis@tcc.edu) for cost.

3:30-4:30 pm EST Through May 25, Skip June 1, Resume June 8

Meeting ID: 894 4599 5747

Password: 519307

[Click here for ZOOM](#)

## WEDNESDAYS

**Pam Towne** Seijaku Practice for teachers or students who already know Seijaku

[Email Pam Towne](#) for cost.

10:30 AM - 12 noon PST

**Jessica Lewis** T'ai Chi for Veterans FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. Email [Jessica Lewis](#) for cost.

3:15-4:15 pm EST

Meeting ID: 171 422 068

Password: TC4V

[Click here for ZOOM](#)

## THURSDAYS

## FRIDAYS

**Margery Erickson** For accredited teachers and serious students who are familiar with all the moves.

This will be a silent practice. We may end with a brief reading.

11:00AM to 12noon EST TCC

Meeting ID 394-729-865

Password WEAVE Case Sensitive

[Click here for ZOOM](#)

**Pam Towne** Ongoing Intermediate TCC

Fridays 10:30 - 11:45am PDT, \$20/month

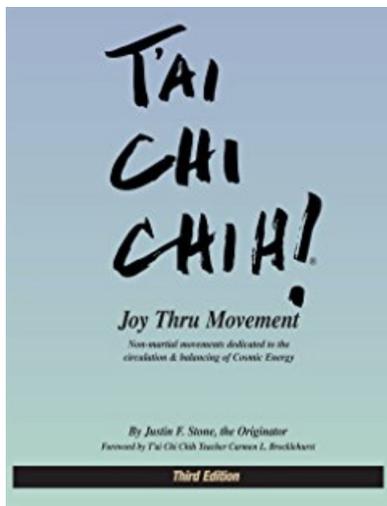
Short teaching section, full practice, Jing &

Sitting in Silence 5 minutes or more.

Contact: [Email Pam Towne](#) or call 760-421-7589

**Daniel Pienciak**, Start Date TBA, 6 Fridays 11 am EST, Ongoing TCC

Contact: [Daniel Pienciak](#) or call 732 988 5573



## Links to Resources & Materials

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Justin Stone's T'ai Chi Chih individual movement instruction (plus separate 30- and 45-minute practices) streamed digitally. [Click here for lifetime access](#) 100% of your subscription allows [Justinstonetcc.com](#) to remain available online.

For Justin Stone's Other Materials [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Skype Lessons with Pam: [click here](#)

Inquires: [Email Pam Towne](mailto:Email Pam Towne) 760-421-7589

**Seijaku Booklet:**

\$4.00 per copy +\$1.20 (first class)

\$30 for 10 copies +\$8.60 (priority mail) or \$2.75 (media rate)

\$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate)

Make checks payable to:

Ann Rutherford

1534 Wagon Train Dr. SE

ABQ, NM 87123

**Web Resources:**

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

T'ai Chi Chih's originator Justin Stone's website: [click here](#)

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

Tai Chi Chih Facebook: [click here](#)

Tai Chi Chih Teacher Circle Facebook: [click here](#)

Pinterest Justin's Quotes: [click here](#)

Pinterest: [click here](#)

Instagram: [click here](#)

Twitter: [click here](#)

Flickr: [click here](#)

Youtube: [click here](#)

**T'ai Chi Chih International Foundation: [click here](#)**

A 501(c)3 nonprofit agency which:

Sponsors our annual Teachers Conferences;

Provides scholarship funds for Teacher Accreditation and Continuing Education;

Tax deductible donations can be made out to and send to: T'ai Chi Chih International Foundation,  
PO Box 11, Norwood, PA 19074

**T'ai Chi Chih Association: [click here](#)**

Produces a monthly publication - T'ai Chi Chih News. Sells books from Justin Stone's  
Recommended Reading List.

The Vital Force Journal quarterly newsletter: [click here to subscribe](#)

The Vital Force Archives: [click here](#)

T'ai Chi Chih Guides' free monthly newsletter -- Sign-Up link: [click here](#)

Past issues of the Guide's newsletters (thru Aug. 2017): [click here](#)

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## Mission Statement

*The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of T'ai Chi Chih and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.*

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